A QUALITATIVE STUDY ON THE PERCEIVED EFFECTIVENESS OF ANTI-DOPING EDUCATION, RESEARCH, AND COMPLIANCE IN ARUBA

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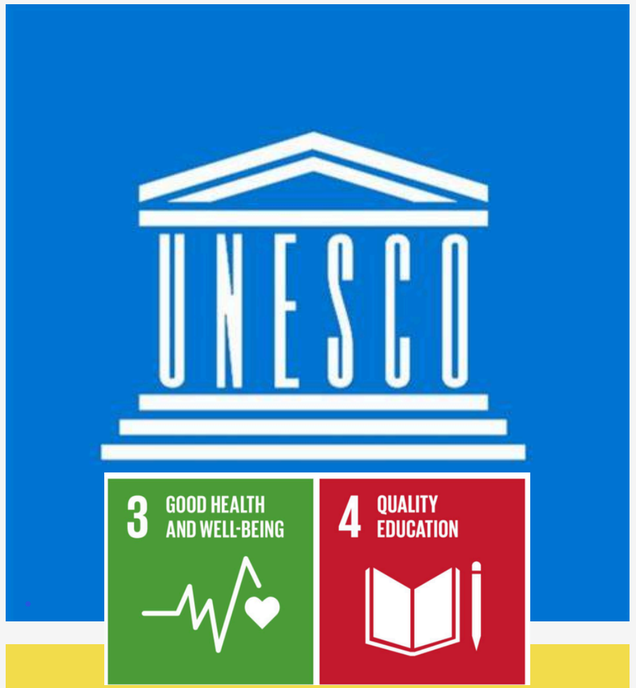
ORGANIZATIONAL BACKGROUND & RESEARCH RELEVANCE

Aruban Olympic Committee/ Aruba National Anti-Doping Organization

- Established in 1985
- Ministry of Sports
- Functions as National Anti-Doping Organization (NADO)
- Oversees Aruba's Anti-Doping activities

- Associate Member since 1988
- Convention Against Doping Adopted in 2005
- Guides and Aids Anti-Doping efforts
- SDGs 3 & 4



UNESCO's International Convention Against Doping in Sport (2005)

PROBLEM STATEMENT

There is limited reported insight on Aruban anti-doping initiative effectiveness.

01

Difficult to assess whether anti-doping policies are effectively translated into practice

02

Difficult to assess if existing initiatives adequately support education, research, and compliance

RESEARCH OBJECTIVES

To examine the current state and perceived effectiveness of Aruba's anti-doping initiatives by analyzing how relevant sports institutions and stakeholders view their implementation.

01 Identify currently implemented anti-doping initiatives

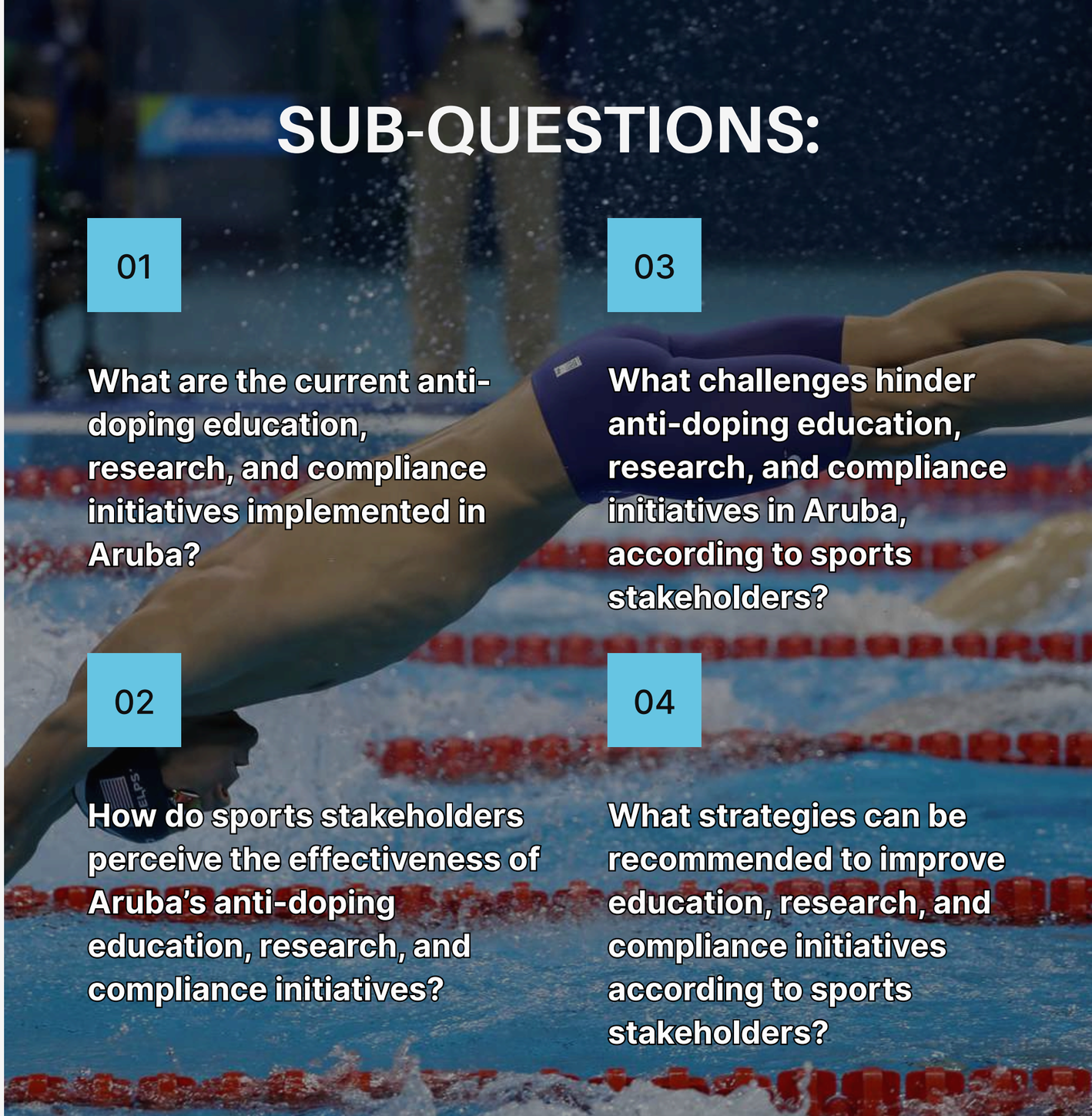
02 Explore participant perspectives on initiative effectiveness

03 Explore potential gaps in education, research, and compliance

03 Provide relevant recommendations and insight to improve anti-doping initiatives

MAIN RESEARCH QUESTION:

How effective are Aruba's Anti-Doping initiatives in terms of education, research, and compliance as perceived by sports stakeholders?



SUB-QUESTIONS:

01

What are the current anti-doping education, research, and compliance initiatives implemented in Aruba?

02

How do sports stakeholders perceive the effectiveness of Aruba’s anti-doping education, research, and compliance initiatives?

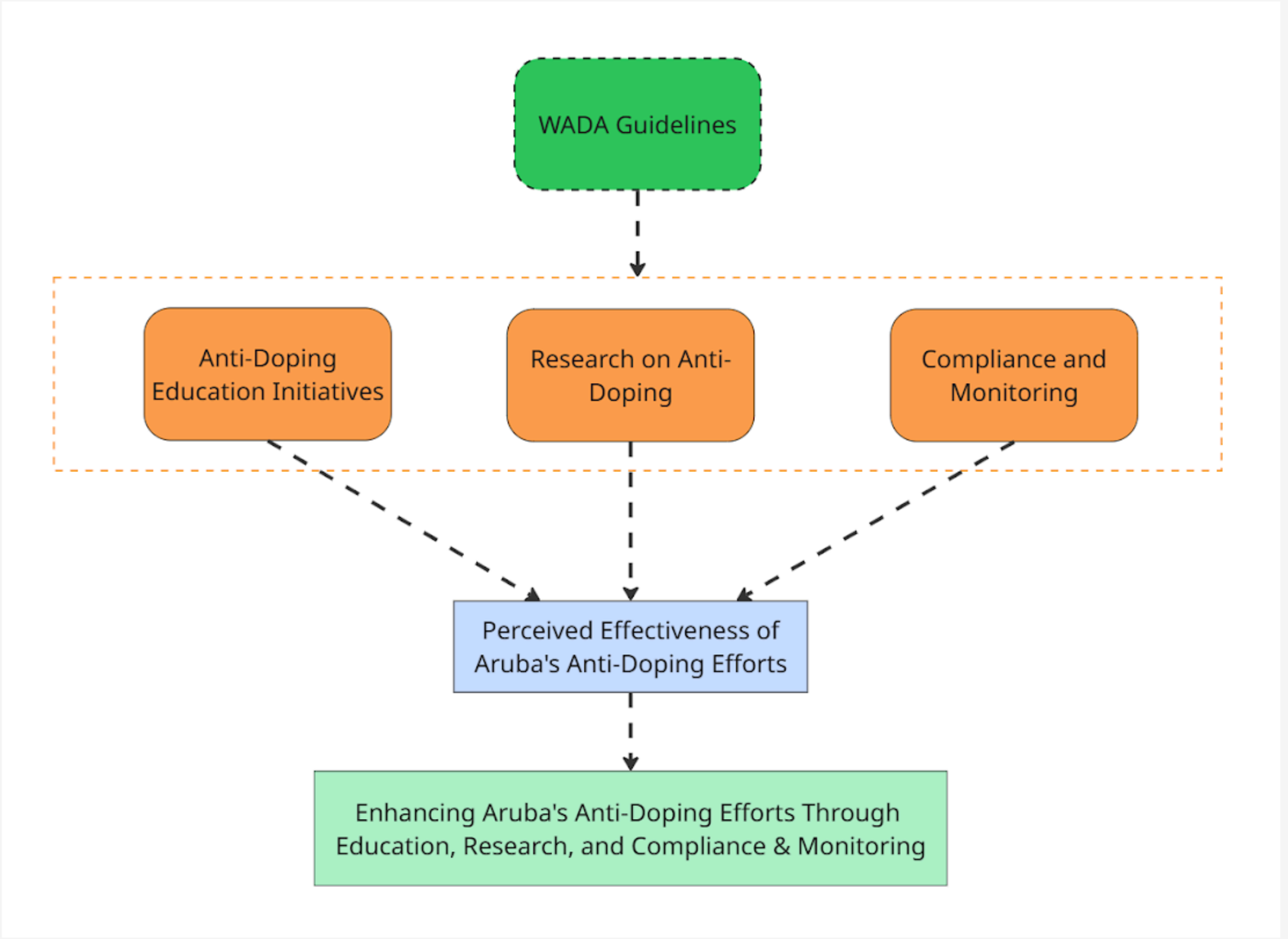
03

What challenges hinder anti-doping education, research, and compliance initiatives in Aruba, according to sports stakeholders?

04

What strategies can be recommended to improve education, research, and compliance initiatives according to sports stakeholders?

CONCEPTUAL FRAMEWORK



UNESCO (2005), World Anti-Doping Agency (2021), Comite Olympico Arubano (2025).

METHODOLOGY

Research Approach
Qualitative

Research Instrument:
16 Semi-structured interviews
3 Interview guides

Sampling Method:
Criterion and snowball sampling

Analysis Method:
Thematic analysis

16 Respondents:

6 Athletes

4 Athlete Support Personnel

6 Organization Representatives

Research Ethics:

Participants gave informed consent, and the research followed strict ethical guidelines to ensure anonymity, confidentiality, and voluntary participation

SUB-QUESTION 1

What are the current anti-doping education, research, and compliance initiatives implemented in Aruba?

"My responsibilities are the scheduling of the training, not only the tournaments, but everything that is done during the training from the first minute it starts until the end. "

KEY THEMES

01 Education focused on elite/competitive athletes

02 Stakeholders with multiple responsibilities

03 Formal Alignment

03 No research currently taking place

SUB-QUESTION 2

How do sports stakeholders perceive the effectiveness of Aruba's anti-doping education, research, and compliance initiatives?

"I think that the majority or all of elite athletes have a very good knowledge about this, but for the younger generation, I don't think they know much."

KEY THEMES

01 Limited Engagement and Mixed Perceptions on Anti-Doping Education

02 Trust and value in anti-doping rules

03 No news is good news

04 Compliance enforcement viewed as inconsistent (Doublecheck)

SUB-QUESTION 3

What challenges hinder anti-doping education, research, and compliance initiatives in Aruba, according to sports stakeholders?

"I think that's one thing that really lacks here in Aruba, that they don't inform you of the deadline that is coming up."

KEY THEMES

01 Gap in Anti-Doping Awareness and Communication

02 Lack of capacity and prioritization in research efforts

03 Lack of stakeholder interest/participation

SUB-QUESTION 4

What strategies can be recommended to improve education, research, and compliance initiatives according to sports stakeholders?

"Just make sure that athletes, no matter what level, get the education. So whether you're, or at least if you're competing at a national level."

KEY THEMES

01 Education: Must adapt education to be more engaging for youngsters

02 Research: Promote collaboration with educational institutions

03 Compliance: Enhance role clarity for all sport stakeholders

04 General: Shorten communication lines between Arunado and athletes

CONCLUSION & RECOMMENDATIONS

Main Research Question:

How effective are Aruba's Anti-Doping initiatives in terms of education, research, and compliance as perceived by sports organizations, athlete support personnel, and athletes?

Education level is good, but lacks adaptability and outreach.

Research is not active, and should be promoted

Compliance is lacking in areas of organizational collaboration and research

Introduce education earlier, more adaptively, and more frequently

Stimulate research via collaborations and stakeholder engagement

Add more consistency and transparency to compliance procedures

STRENGTHS, LIMITATIONS, AND FUTURE STUDIES

Strengths

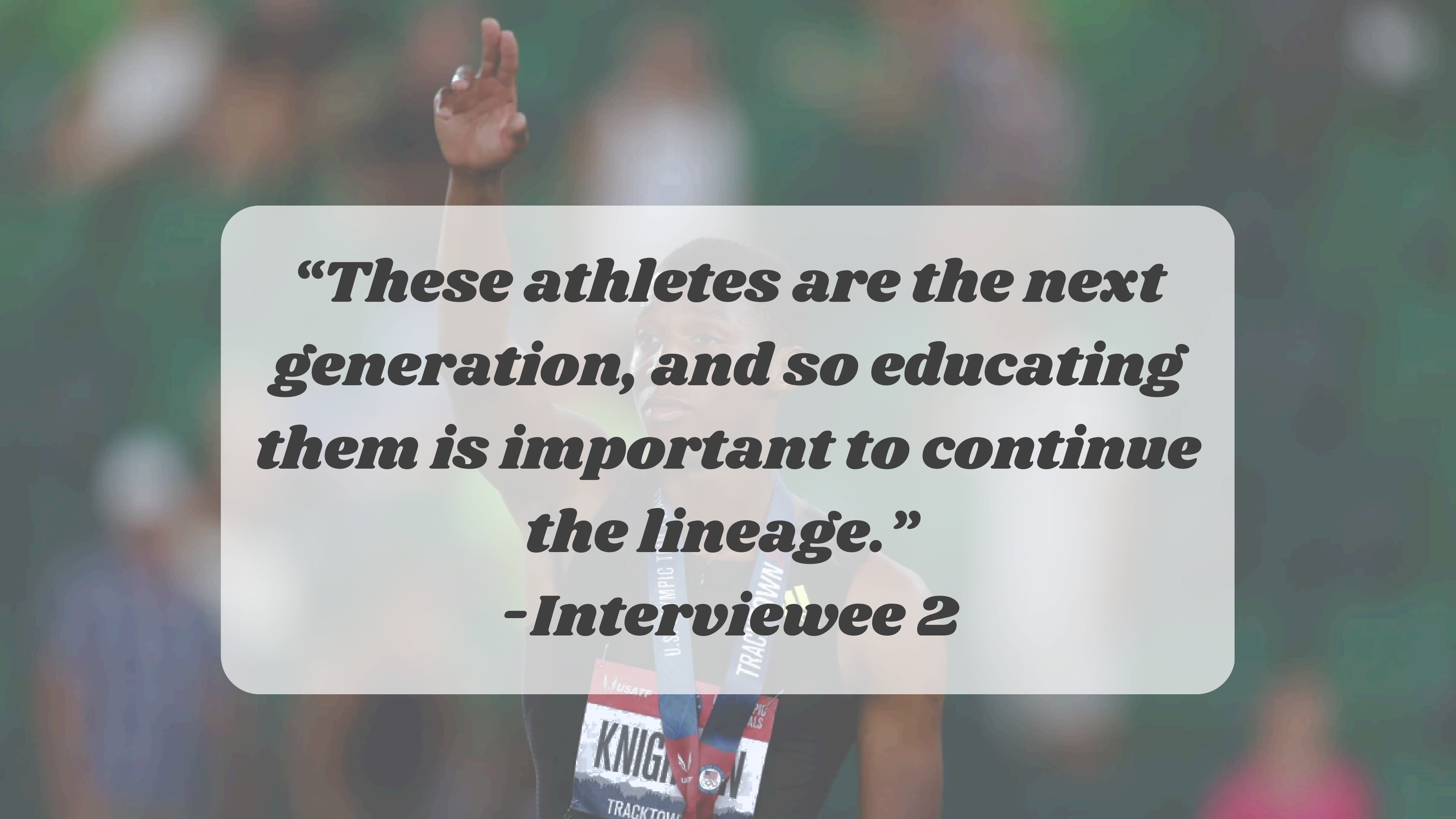
- **Included perspectives from athletes, ASPs, and sports orgs.**
- **Included various sports**
- **Covered 3 interconnected areas**

Limitations

- **Time constraint → Missed perspectives**
- **Young participants may not understand “complex” terms.**
- **Missing other ASPs’ perspectives**

Future Studies

- **Types of substances commonly used by athletes**
- **Aruba’s views on doping**
- **Athlete perspectives on doping**
- **Follow up study**



“These athletes are the next generation, and so educating them is important to continue the lineage.”

-Interviewee 2

Q&A TIME

THANK YOU FOR YOUR ATTENTION!

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